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*ServeNebraska Mobilizes Nebraskans to Strengthen Their Communities
Through Volunteering, Collaboration and National Service Programs.*



2013 Symposium: Celebration of Service

AmeriCorps Profiles of Service



Held May 23, 2013
Center for People in Need
3901 N. 27th Street
Lincoln, Nebraska
9:30am – 3:30pm

*"EVERYBODY CAN BE GREAT... BECAUSE ANYBODY CAN SERVE.
YOU DON'T HAVE TO HAVE A COLLEGE DEGREE TO SERVE.
YOU DON'T HAVE TO MAKE YOUR SUBJECT AND VERB AGREE TO SERVE.
YOU ONLY NEED A HEART FULL OF GRACE.
A SOUL GENERATED BY LOVE."*

~MARTIN LUTHER KING, JR.

AMERICORPS IN NEBRASKA



AmeriCorps members are talented individuals who, through sustained service, devote themselves to addressing our state's most pressing needs through AmeriCorps. AmeriCorps members serve at local nonprofit or governmental organizations which have applied for and received competitive grants. The benefit is further extended through volunteers mobilized and trained by AmeriCorps members.





The AmeriCorps Pledge

***I will get things done for America -
to make our people safer,
smarter, and healthier.***

***I will bring Americans together
to strengthen our communities.***

***Faced with apathy,
I will take action.***

***Faced with conflict,
I will seek common ground.***

***Faced with adversity,
I will persevere.***

***I will carry this commitment
with me this year and beyond.***

***I am an AmeriCorps member,
and I will get things done.***

2013 SYMPOSIUM: CELEBRATION OF SERVICE

PROGRAM

9:30-9:45 WELCOME & INTRODUCTIONS

CATHY PLAGER, EXECUTIVE DIRECTOR, SERVE NEBRASKA
DEB DAILY, DIRECTOR OF OPERATIONS, CENTER FOR PEOPLE IN NEED
JAMESENA MOORE*, CHAIR, SERVE NEBRASKA

9:45-11:00 SUE SCHLICHTEMEIER-NUTZMAN

"BRINGING OUT THE BEST IN ALL GENERATIONS"

11:00-12:00 AMERICORPS PROJECTS CELEBRATION

12:00-1:00 BREAK & LUNCH

TABLE TOPIC REFLECTION & DISCUSSION

1:00-2:00 AMERICORPS PROJECTS CELEBRATION

2:00-3:00 SUE SCHLICHTEMEIER-NUTZMAN

"WHERE DO I GO FROM HERE? EXPLORE YOUR OPTIONS"

3:00-3:30 QUESTION & ANSWER

**3:30-4:00 CLOSING & TOUR OF
CENTER FOR PEOPLE IN NEED**

*(Jamesena Moore is a Governor-Appointed Volunteer
Commissioner for ServeNebraska)

NEBRASKA AMERICORPS FORMULA & COMPETITIVE PROGRAMS

The programs below are provided by local Nebraska organizations benefitting their fellow Nebraskans:

BVCA AmeriCorps

— *Blue Valley Community Action Partnership*

College Possible Omaha AmeriCorps — *College Possible*

ECHO AmeriCorps — *City of Lincoln Parks & Recreation*

Rural Corps of South Central Nebraska

— *Kearney Public Schools Foundation*

LFS AmeriCorps — *Lutheran Family Services of Nebraska*

MCC*Corps — *Metropolitan Community College*

MMI AmeriCorps — *Munroe Meyer Institute, University of Nebraska Medical Center*

Nebraska Campus Compact Service Scholars AmeriCorps

— *University of Nebraska Lincoln*

PROH AmeriCorps — *Center for People in Need*

R.I.S.E. AmeriCorps — *Nebraska State Probation*

Healthy Rural Communities AmeriCorps — *Volunteers of America, Western Nebraska*

YouthBuild Omaha AmeriCorps — *Goodwill Industries*

YWCA Adams County AmeriCorps — *YWCA Adams County*

THANK YOU

FOR YOUR SERVICE!



ServeNebraska Is Supported By:



SERVENEBRASKA
THE NEBRASKA VOLUNTEER SERVICE COMMISSION

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KIMBERLE HALL
TRAINING PROGRAM OFFICER

**NEBRASKA AMERICORPS
INDIAN TRIBES PROGRAMS**

The following AmeriCorps programs are provided by federally recognized Nebraska tribes:

Bright Futures AmeriCorps – *Omaha Tribe*

Santee Sioux Nation AmeriCorps Program (SSNAP)
– *Santee Sioux Nation*

**NEBRASKA AMERICORPS
NATIONAL DIRECT PROGRAMS**

Each of the programs below are part of larger national efforts with a presence benefitting Nebraskans:

CLEAR Corps – *Omaha Healthy Kids Alliance*

Community Health Corps – *Health Center Association of Nebraska*

Cooking Matters AmeriCorps – *Visiting Nurse Association Omaha*

Habitat for Humanity AmeriCorps – *Habitat for Humanity Omaha*

Student Conservation Association (SCA) AmeriCorps
– *Homestead National Monument*

Learn More About AmeriCorps in Nebraska
at
www.serve.nebraska.gov

2013 SYMPOSIUM: CELEBRATION OF SERVICE AUTHORS & ARTISTS

MORNING CELEBRATIONS

ERIN FRANK, HEALTHY RURAL COMMUNITIES, RAYMOND

"LATINO BEGINNING FARMER PROJECT"

LFS AMERICORPS, OMAHA

"OUR SERVICE, OUR STORIES"

R.I.S.E. AMERICORPS

"RISE TO LITERACY"

MCC*CORPS, OMAHA

*"THE FIRST YEAR OF MCC*CORPS"*

BVCA AMERICORPS, FAIRBURY

"STANDING FOR THE SILENT"

COLLEGE POSSIBLE OMAHA AMERICORPS

"THE GAME OF LIFE: COLLEGE POSSIBLE EDITION"

ECHO AMERICORPS, LINCOLN

"DOORWAY TO SERVICE"

NEBRASKA CAMPUS COMPACT SERVICE SCHOLARS, PERU

"A CHANCE TO SERVE AND LEARN"

CARRIE JOYCE – R.I.S.E AMERICORPS, GRAND ISLAND

"THROUGH THE EYES OF R.I.S.E."

AFTERNOON CELEBRATIONS

SONDRA ROMAN & LOGAN PFEIFFER – ECHO AMERICORPS, LINCOLN

"THE CONNECTION OF URBAN AGRICULTURE, HEALTH & NUTRITION"

PROH AMERICORPS, LINCOLN

"THE HELPING TREE"

LAUREN WEIHE, NEBRASKA CAMPUS COMPACT SERVICE SCHOLARS, CRETE

"CRETE COMMUNITY GARDENS"

R.I.S.E. AMERICORPS

"STAIRWAY TO SUCCESS"

YOUTHBUILD OMAHA AMERICORPS

"3 IN 1"

YWCA ADAMS COUNTY AMERICORPS – HASTINGS

"ZONE AFTER-SCHOOL ART PROGRAM"

RURAL CORPS OF SOUTH CENTRAL NEBRASKA – KEARNEY

"HOW SERVING HAS BENEFITED ME"

NIKKI SWANSON – R.I.S.E AMERICORPS, FREMONT

"PATHWAY"

MMI AMERICORPS

"MEMORABLE MOMENTS OF SERVICE"

"PATHWAY"

VISUAL ART/POSTER

THEME: HOW SERVICE CHANGES THE WAY I SEE THE WORLD

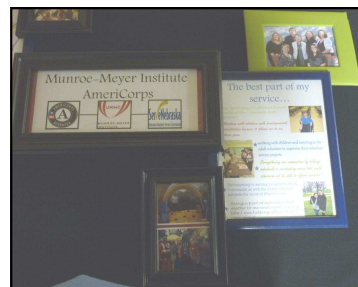
AmeriCorps Member: Nikki Swanson

AmeriCorps Program: R.I.S.E. AmeriCorps, Fremont

Service Description: R.I.S.E. AmeriCorps members offer services to adults and juveniles to obtain education and employment, through group and one-on-one sessions assisting them to find ways to overcome their barriers.

Service Highlight: I serve as an Education and Employment Specialist at Nebraska State Probation District #6 in the Dodge and Washington county offices. It has been a privilege to help probationers find their way out of situations that seem unmanageable to them at the beginning.

Project Summary: Going through the legal system can be intimidating. It can also serve as a time of positive growth and reflection to make better life choices for the future by purposeful actions for today. I developed a basic planner/organizer that will assist probation officers in scheduling compliance and probationers with a tool for organizing and journaling.



"MEMORABLE MOMENTS IN SERVICE"

VISUAL ART/POSTER

THEME: HOW SERVICE MADE LIFE IN NEBRASKA BETTER

AmeriCorps Program: MMI AmeriCorps

Participants: Jess Cohenour, Catie Niedermeyer and Ryan Thorson

Service Description: MMI AmeriCorps is designed to provide services with and for people with disabilities. MMI AmeriCorps is a statewide program in Nebraska that serves individuals with behavioral, developmental, cognitive, and physical disabilities. The program emphasizes utilizing the talents of persons with disabilities, as well as increasing access to behavioral health services across the state of Nebraska.

Project Summary: We have created a 3-dimensional mixed-media art piece that highlights moments of service that made an impact on our members. We've also incorporated visual and textural experiences that have impacted our community and the members individually. This piece reflects the changes we see reflected in ourselves.

"ZONE AFTER-SCHOOL ART PROGRAM"

SERVICE STORY/CREATIVE NONFICTION

**THEME: HOW VOLUNTEERS/STUDENTS/CLIENTS
CREATED SOMETHING SPECIAL**

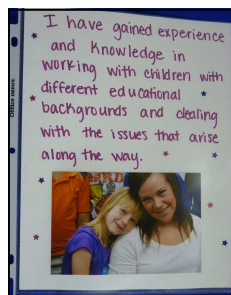
AmeriCorps Program: YWCA Adams County,
Hastings

Participants: YWCA Adams County AmeriCorps Members

Service Description: The YWCA Adams County AmeriCorps program helps youth, women seeking competitive employment, and adult literacy.

Service Highlight: Through the support of AmeriCorps members in service at the YWCA Zone, middle and high school aged youth of diverse economic, family, and cultural backgrounds set goals; work on homework; track & implement good behavior and reward systems; and receive conflict management guidance. The Zone is housed at the Hastings Police Department, which has a small gym, classrooms, kitchen area, and central location.

Project Summary: The Zone was recently a recipient of one of these grants. "Art an After School Experience" project provided clay sculpting education for the Middle School youth. The young artists did amazing work and had a great time- thoroughly enjoying the opportunity. AmeriCorps members help facilitate the project and created an after-school art experience!



"HOW SERVING HAS BENEFITED ME"

SERVICE STORY/CREATIVE NONFICTION

**THEME: HOW SERVICE IS CHANGING US AND HOW WE
SEE THE WORLD**

AmeriCorps Program: Rural Corps of South Central Nebraska,
Kearney

Participants: Emma Lockard, Anna Barber, Geoff Carnahan,
Garrett Martin, Adam Niedbalkski, Courtney Cave, Brooke

Wuehler-Bachman, Sarah Koch, Dawn Rios, Carly Sitorius, Laura O'Brien, Angelica Young, Corissa Staack, Doris Younes, Jeremiah Hogins, Daphne Darter, Joe Beckman and Haley Wiseman

Service Description: The Rural Corps of South Central Nebraska AmeriCorps Program is a Campus/Community partnership between the University of Nebraska Kearney Office for Service-Learning and the Kearney Public Schools Foundation. AmeriCorps members assist underserved children in the classrooms as well as through before and after school programming.

Project Summary: Each member made a page for a book of stories/pictures showing how serving has changed their lives. At each meeting or, even in casual conversation, members have shared how they enjoy serving and how it has changed their opinion of serving in the community.

"LATINO BEGINNING FARMER PROJECT"

VIDEO OR PERFORMING ARTS/PRESENTATION

**THEME: HOW SERVICE CHANGES THE WAY I SEE
THE WORLD**

AmeriCorps Member: Erin Frank

AmeriCorps Program: Healthy Rural Communities
AmeriCorps, Raymond

Service Description: AmeriCorps members leverage volunteers to impact health, income capacity and a healthy environment for individuals and rural communities in Garden, Dakota, Thayer and Holt Counties. The project targets underserved rural populations including those with low incomes and minority groups including Santee Sioux, Hispanics and Somali immigrants.

Service Highlight: As an AmeriCorps member, I have helped coordinate ten Beginning Latino Farmer workshops in Lexington, NE, bringing business management and leadership skills to our participants.

Project Summary: As the population of Nebraska (and particularly the Latino community) continues to grow, the number of Latino farmers is declining. I work with aspiring Latino farmers in different areas of the state. Through recruitment, curriculum development, community outreach, and one-on-one interaction with workshop participants, I'm helping to open up the world of farming to Latino producers.



"OUR SERVICE, OUR STORIES"

VIDEO OR PERFORMING ARTS/PRESENTATION

**THEME: HOW SERVICE CHANGES THE WAY WE
SEE THE WORLD**

AmeriCorps Program: Lutheran Family Services

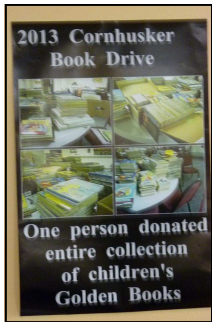
AmeriCorps, Omaha

Participants: Shukura Huggins, Sam Cabalka, Christina Rausch, Karima Al-Absy, Dillon Jones, Shideh Mehr and Micki Scwerdtfeger.

Service Description: The LFS AmeriCorps program supports 36 members in urban and rural communities in Nebraska. Members assist Nebraska's refugee and immigrant populations in accessing housing, employment, education, medical services and legal services. Members also assist with military/veteran family mentoring and youth enrichment services.

Service Highlight: The stories shared discuss the role of AmeriCorps participation in shaping a life-long passion for service and engagement.

Project Summary: Each and every day LFS AmeriCorps members are not only using their words but are putting service into action. The volunteerism experiences and stories are inspirational in themselves and when told in an inspirational way through spoken word they are even more memorable.



"RISE TO LITERACY"

VIDEO OR PERFORMING ARTS/PRESENTATION
THEME: HOW MY SERVICE MADE LIFE IN NEBRASKA BETTER

AmeriCorps Program: R.I.S.E. AmeriCorps

Participants: Charles Lieske, Katie Rea and Chelsea Guiffre

Service Description: R.I.S.E. AmeriCorps members offer services to adults and juveniles to obtain education and employment, through group and one-on-one sessions assisting them to find ways to overcome their barriers.

Service Highlight: The R.I.S.E. program has changed our perspective and motivated us to do more within our communities.

Project Summary: R.I.S.E. program specialists with Nebraska State Probation improve schooling and employment opportunities for those on probation. Improving literacy for children, adults and families is a key component in building those skills. This year, for the third annual Cornhusker Community Book Drive, RISE specialists from across the state joined forces to promote literacy across the state. This project features some of the highlights from this year's book drive.

"THE FIRST YEAR OF MCC*CORPS"

VISUAL ART/COLLAGES

THEME: HOW VOLUNTEERS, STUDENTS, CLIENTS
CREATED SOMETHING SPECIAL

AmeriCorps Program: MCC*Corps, Omaha

Participants: AmeriCorps Members – Shakira Davis, Fontrell Ellington, Kyle McAndrews, Omari Hunt, Sarah Schneiderwind, Taneka Hinton, Vanessa Martinez, Richard Wahl, Ciara Watson, Rebecca Woitaszewski, Chris Leet and Sue Trisler; Program Leaders – Shannon Snow, Marian Kraft and Jeanetta Jones

Service Description: MCC*Corps recruits Metropolitan Community College students with financial need to serve in areas of Education, Environment, Veterans, Health, and Volunteer Generation & Capacity Building. AmeriCorps members have a measurable impact on their community, but they also build valuable skills and cultivate a lifelong appreciation for and commitment to service.

Project Summary: MCC*Corps has made an impact on different areas in Omaha. We have created a collage that highlights the service we've provided to the MCC community and community at large; highlights include: rewriting the emergency information booklet, teaching faculty/students about recycling, tutoring adults/children, started a new Intercultural Club, service to the homeless at Siena Francis House, creative ways to save money on energy, and recruiting over 300 volunteers to serve at 60 different nonprofit agencies on Martin Luther King, Jr. Day.



"STAIRWAY TO SUCCESS"

VISUAL ART/POSTER
THEME: HOW SERVICE CHANGES THE WAY
WE SEE THE WORLD

AmeriCorps Program: R.I.S.E. AmeriCorps

Participants: Kathy Wagoner-Wiese and Sue Kissinger

Service Description: R.I.S.E. AmeriCorps members offer services to adults and juveniles to obtain education and employment, through group and one-on-one sessions assisting them to find ways to overcome their barriers.

Project Summary: R.I.S.E. programs have the ability to help probationers climb the stairs of success. The promise of skills towards succeeding with schooling and education. Our project is a board display highlighting the stairs to success that probationers need to accomplish to create a better future for themselves.

"3 IN 1"

VISUAL ART/WOODWORKING
THEME: HOW VOLUNTEERS,
STUDENTS, CLIENTS CREATED
SOMETHING SPECIAL



AmeriCorps Program: YouthBuild Omaha AmeriCorps, Omaha

Participants: YouthBuild AmeriCorps Members

Service Description: YouthBuild Omaha AmeriCorps is a program for young adults between the ages of 18-25 years who do not have a high school diploma. Participants earn their GED while learning construction skills and renovating homes for low-income families working in collaboration with Habitat for Humanity and other non-profits.

Service Highlight: To date the class has assisted with the renovation of 3 homes, a community center and a barn. During the ServeNebraska Week of Service the class participated in a computer drive; 725+ donors donated 120,000 pounds of computer material filling 6 trailer trucks.

Project Summary: Woodworking stimulates activity that requires thought organization, decision-making and problem solving as well as coordination between hands and head. For motivated AmeriCorps members it is an excellent medium in which to learn the relationship between actions and consequences. If you continue to drive nails or drill holes near the edge of a thin piece of wood it's going to split. Members are provided with rules and guidelines while being encouraged to be creative. Non-visual learners are given sample projects so they can see how the pieces might look in a particular arrangement. These projects are tied to self image as they develop confidence and self-respect.

"THE HELPING TREE"

VISUAL ART/PAPER MACHÉ TREE

THEME: HOW MY SERVICE MADE LIFE IN NEBRASKA BETTER

AmeriCorps Program: PROH AmeriCorps, Lincoln

Participants: All PROH AmeriCorps Members

Service Description: PROH is an acronym for Providing Resources Opportunity & Hope. PROH AmeriCorps provides education, basic needs, and job skill development to low-income families and other at-risk populations.

Service Highlight: Providing resources, opportunities and hope for families in need.

Project Summary: The Helping Tree represents the Center's role in the lives of so many people daily. At our program core we are tied together by the trunk of AmeriCorps values and goals but we disperse into the branches of each program; food, computer lab, job training, ESL, ICAN (Individual Career Advance Needs) and Truck-loads of Help. With these programs members provide the services to help assist low-income combat struggles and fulfill opportunities and growth.



"CRETE COMMUNITY GARDENS"

VISUAL ART/COLLAGES

THEME: HOW VOLUNTEERS, STUDENTS, CLIENTS CREATED SOMETHING SPECIAL

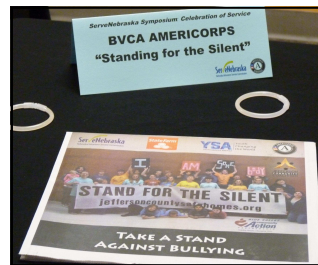
AmeriCorps Member: Lauren Weihe

AmeriCorps Program: Nebraska Campus Compact Service Scholars, Doane College, Crete

Service Description: Nebraska Campus Compact AmeriCorps Service Scholar members provide academic support services to disadvantaged youth; and financial literacy services to economically disadvantaged individuals/families; and health education programs to community members throughout the State.

Service Highlight: This year of service has allowed me to provide instruction on how to garden and opportunities for a sense of community among the gardeners through facilitating meetings where ideas and stories can be shared.

Project Summary: My project is a sculpture of a person gardening using supplies found in or around the community garden. The garden grew from an open field that was a blank slate. The volunteers created something new and it is blossoming, both literally (plants represent families are growing) and figuratively (confidence and pride of growing food for oneself, providing healthy food for their families, and passing on the knowledge to the next generation).



"STANDING FOR THE SILENT"

VISUAL ART/DISPLAY OF EVENTS

THEME: HOW MY SERVICE MADE LIFE IN NEBRASKA BETTER

AmeriCorps Program: BVCA AmeriCorps, Fairbury

Participants: Katie Durfee, Samantha Rink, Jordan Scott, Holly Harroun, Jennifer McPherson, Rachelle Hines and Teresa Crow

Service Description: AmeriCorps members serve in Jefferson, Gage, Thayer, York and Seward counties helping with service projects at the local youth center and schools. The BVCA mission is Helping People, Changing Lives. The AmeriCorps mission is Getting Things Done. Both missions describe our team perfectly. Together, we are Getting Things Done in our communities that are Helping People and Changing Lives.

Service Highlight: We feel we've helped to make a difference in the youth that we serve by helping them work together.

Project Summary: Our project is a visual display of all of the events our AmeriCorps team worked on for the Stand for the Silent campaign.

"THE GAME OF LIFE: COLLEGE POSSIBLE EDITION"

VISUAL ART/GAME

THEME: HOW OUR SERVICE CHANGES THE WAY WE SEE THE WORLD

AmeriCorps Program: College Possible Omaha AmeriCorps

Participants: College Possible AmeriCorps and VISTA members

Service Description: College Possible makes college admission and success possible for low-income students through an intensive curriculum of coaching and support. Launched in 2011, College Possible Omaha serves more than 650 low-income high school and college-aged students through its college access and completion programs.

Service Highlight: AmeriCorps members are drawn to the College Possible mission to level the playing field for low-income students in obtaining a college degree.

Project Summary: Our project will walk attendees through the college admission process, much like College Possible Omaha assists students. The college admission process is a complicated matter, and gets more complex each year. Many people realize that college can be a difficult process, but do not fully understand the multifaceted complexities that go into applying to college and financial aid. Our game aims to show people these complexities.



"DOORWAY TO SERVICE"

VISUAL ART/DOOR

THEME: HOW VOLUNTEERS, STUDENTS, CLIENTS CREATED SOMETHING SPECIAL

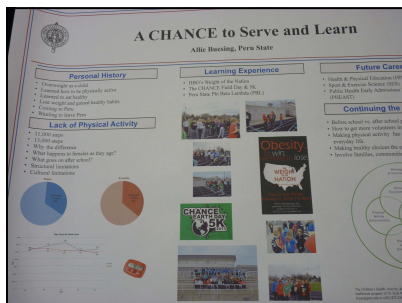
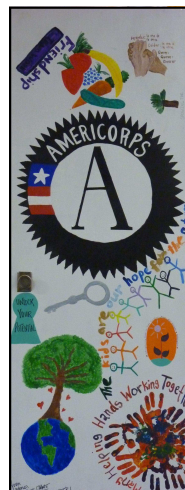
AmeriCorps Program: ECHO AmeriCorps, Lincoln

Participants: All ECHO AmeriCorps Members

Service Description: ECHO AmeriCorps Members provide service to Kindergarten to adult; developing programs that focus on academic support, literacy, fitness, adult and youth nutrition, GED and job skills. We partner with multiple organizations that focus on keeping kids in school, healthy lifestyles and working towards a brighter future!

Service Highlight: This is an opportunity for ECHO AmeriCorps members to showcase their passion!

Project Summary: We painted a door representing each members' experience of service. Each member will contribute to the door with their own expression of what AmeriCorps and service means to them. Because we have members across Lincoln at varied locations each of their experiences can be very different so it will be a collage of what service looks like for them.



"A CHANCE TO SERVE AND LEARN"

VISUAL ART/POSTER

THEME: HOW SERVICE IS CHANGING ME

AmeriCorps Program: Nebraska Campus Compact Service Scholars, Peru State College

Participants: Allie Buesing, Dr. Kyle Ryan and Dr. Sheri Grotrian-Ryan

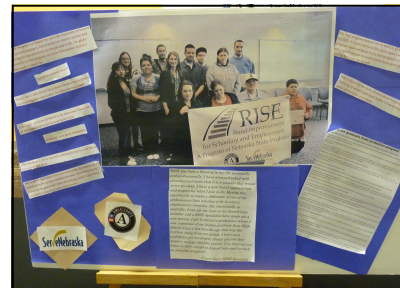
Service Description: Nebraska Campus Compact AmeriCorps Service Scholar members provide academic support services to disadvantaged youth; and financial literacy services to economically disadvantaged individuals/families; and health education programs to community members throughout the State.

Project Summary: Our project will consist of one poster highlighting the CHANCE (Children's Health, Activity & Nutrition Community Engagement) Initiative that the Service Scholar promoted in the community of Auburn, working with grades 4 through 8. Each day students received a pedometer and wore it throughout the school day. At the end of the day step counts were recorded. The data will become useful in the next year when implementing an before or after school physical activity program for the students. For the final event we hosted a field day for grades Kindergarten through 5, and a 5K run for the community. The event made families aware of the importance of physical activity and healthy living.

"THROUGH THE EYES OF R.I.S.E."

VISUAL ART/POSTER

THEME: HOW VOLUNTEERS, STUDENTS, CLIENTS, CREATED SOMETHING SPECIAL



AmeriCorps Member: Carrie Joyce

AmeriCorps Program: R.I.S.E. AmeriCorps, Grand Island

Service Description: RISE AmeriCorps members offer services to adults and juveniles to obtain education and employment, through group and one-on-one sessions assisting them to find ways to overcome their barriers.

Service Highlight: I have helped to evolve the RISE program in Grand Island to make it more known and collaborated with the school system to make them believers in the program and the kids again.

Project Summary: My project showcases what RISE has done for the individual, professional, and community member. The program is of great benefit to all involved and I want others to know about the good being done through the probation system with RISE.

"THE CONNECTION OF URBAN AGRICULTURE, HEALTH AND NUTRITION"

VISUAL ART/TERRARIUM & MODEL DISPLAY

THEME: HOW SERVICE CHANGES THE WAY WE SEE THE WORLD

AmeriCorps Program: ECHO AmeriCorps, Lincoln

Participants: Sondra Roman and Logan Pfeiffer

Service Description: ECHO AmeriCorps Members provide service to Kindergarten through adult; developing programs that focus on academic support, literacy, fitness, adult and youth nutrition, GED and job skills. We partner with multiple organizations that focus on keeping kids in school, healthy lifestyles and working towards a brighter future

Service Highlight: The AmeriCorps experience has provided us opportunities to work with youth in education and through the parks and recreation programs.

Project Summary: Our display will highlight the sustainable practices of urban agriculture (gardening). Nutritional education, community gardens, an activity based curriculum supports youth and adults with healthier choices for a more sustainable lifestyle.

